



WHO CC for Research and Training in Mental Health Trieste - Azienda Sanitaria Universitaria Integrata di Trieste

FRANCA AND FRANCO BASAGLIA INTERNATIONAL SCHOOL - THE PRACTICE OF FREEDOM

**The right [and opportunity]
to have a [whole]
life**

INTERNATIONAL SCHOOL & CONFERENCE
**Trieste,
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Best practices for empowerment, self determination,
community resilience, wellbeing and human rights
www.triestementalhealth.org

ABSTRACT FORM

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Title of the contribution/Titolo del contributo	Masterclass: Self determination and self management. “Hearing voices network”		
Objectives/Obiettivi	to depathologize “hearing voices” or other unusual states by sharing the experiences and coping strategies, to foster hope and the belief that recovery is possible.		

Contents-text/Contenuto-testo:

Hearing Voices it is a collective, an Association, that think and develops projects for voice hearers creating a network between individuals that meet each others, live and take care about. They are experts which share coping strategies throughout the experience of being together.

This enable the person to deal with their vulnerabilities and trauma in a process of ongoing discovery. To give voice to the voices, acknowledge them, and to find out the rich meaning of many truths and life stories.

The Ethic of voices is to consider voice hearers as equal partners with which to start a growing and valuing journey addressing a different approach made of full respect and reciprocity.

A truth which is not charity of assistentialism, but credibility, transparency for all including professionals, voice hearers families and those who become a family.

Our voice hearer is the community: people that seek for meaning in what they do and who they are.